

# DINNERLY



## 20-Minute Indian-Style Chicken Tacos with Yoghurt and Cucumber



20 minutes



2 Servings

East meets West with these fast fusion tacos. Pile mildly spiced chicken tenders onto soft tortillas, top with tomato and pickled cucumber, then fold up and dig in!

## WHAT WE SEND

- 1 Lebanese cucumber
- 1 tomato
- free-range chicken tenderloins
- 5g vadouvan curry powder <sup>17</sup>
- 6 flour tortillas <sup>1</sup>
- 100g Greek-style yoghurt <sup>7</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 2 tsp white vinegar
- ½ tsp sugar
- 2 tsp olive oil

## TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 535kcal, Fat 14.5g, Carbs 48.1g, Proteins 44.4g



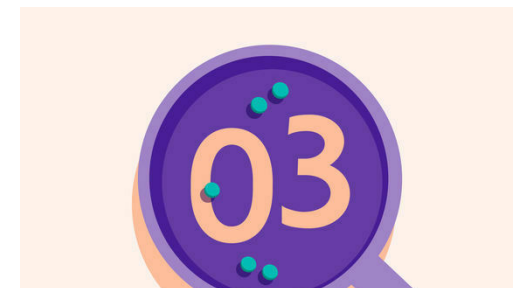
### 1. Prep ingredients

Thinly slice the **cucumber**. Finely chop the **tomato**. Crush or finely chop 2 **garlic cloves**.



### 2. Pickle cucumber

Combine 2 **tsp white vinegar** and ½ **tsp sugar** in a large bowl, stir in the **cucumber** and set aside to pickle, tossing occasionally, until needed.



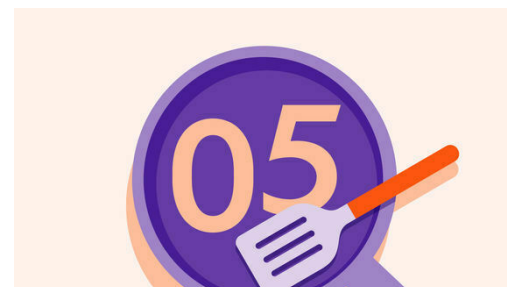
### 3. Marinate chicken

Put the **chicken**, **garlic** and **curry powder** in a bowl, drizzle with **olive oil**, season with **salt and pepper** and toss to coat.



### 4. Pan-fry chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan and coarsely shred with two forks.



### 5. Serve up

Drain the **cucumber**, discarding the pickling liquid. Put the **tortillas** on a plate, slightly overlapping, and microwave in 10-sec bursts until warmed through (see Kitchen hack). Spread the **yoghurt** over the tortillas and top with the **chicken**, **pickled cucumber** and **tomato**. Enjoy!



### 6. Kitchen hack

Don't have a microwave? You can warm the tortillas, wrapped in foil, in a 180C oven for 8 mins or until warmed through. Or, try pan-frying them – it takes a bit longer, but gives them a deliciously crispy edge. Pan-fry the tortillas one at a time, transferring to a plate and covering with foil to keep warm.